

1. An exercise apparatus comprising:

- a. a base including a flat elongated bar, a left crossbar transversely attached to one end of the flat elongated bar and a right crossbar transversely attached to the opposite end of the flat elongated bar, the left and right crossbars being parallel, a center crossbar attached transversely to one vertical side of the flat elongated bar and at its lengthwise center location, and a U-shaped bracket having parallel openings attached to the center crossbar, a left elongated U-shaped bracket affixed to said left crossbar and extending upwardly therefrom and having a pair of oppositely disposed openings and a right elongated U-shaped bracket affixed to said right crossbar and extending upwardly therefrom and having a pair of oppositely disposed openings;
- b. a base connector including a flat elongated bar having a first hollow cylinder with a bushing at each end affixed to a proximal end of the flat elongated bar and a second hollow cylinder with a bushing at each end affixed to a distal end of the flat elongated bar, the first hollow cylinder and its bushings rotatably affixed to the U-shaped bracket attached to the center crossbar of said base;
- c. a connector plate having a left elongated plate and a right elongated plate, the plates being spaced apart and parallel to each other and having oppositely disposed parallel openings adjacent a proximal end of each plate and oppositely disposed parallel openings adjacent a distal end of each plate, the distal end of the left elongated plate and right elongated plate rotatably connected to the second hollow cylinder and its bushings of the base connector;
- d. a left arm including an elongated bar having a transverse opening adjacent a proximal end and a transverse plate affixed at its opposite distal end with a left grip attached to the transverse plate and extending above and parallel to the elongated bar and extending toward the proximal end of the elongated bar, a pair of spaced apart parallel stop members extending transversely to the elongated bar adjacent its distal end, a hollow cylinder with bushings at either end affixed to a

lower surface of the elongated bar, the hollow cylinder and bushings rotatably
affixed to the left elongated U-shaped bracket on said base;

- e. a right arm including an elongated bar having a transverse opening adjacent a proximal end and a transverse plate affixed at its opposite distal end with a right grip attached to the transverse plate and extending above and parallel to the elongated bar and extending toward the proximal end of the elongated bar, a pair of spaced apart parallel stop members extending transversely to the elongated bar adjacent its distal end, a hollow cylinder with bushings at either end affixed to a lower surface of the elongated bar, the hollow cylinder and bushings rotatably affixed to the right elongated U-shaped bracket on said base;
- f. a seat cushion supported above a seat liner, which cushion and liner are supported on a seat frame having a lower surface to which is affixed a bracket having a pair of spaced apart parallel walls with each wall having an opening adjacent each end, the openings adjacent each respective end being aligned;
- g. a left V-frame member having an upper section and a lower section attached to each other at their respective proximal ends, the upper section terminating at a distal end in a hollow cylinder having a pair of oppositely disposed bushings at either end, the hollow cylinder and its bushings inserted between a left end of the parallel walls of the bracket on the seat frame and rotatably attached thereto, the lower section also terminating at a distal end in a hollow cylinder having a pair of oppositely disposed bushings at either end, the hollow cylinder and its bushings rotatably connected to the left elongated bar of the left arm at the opening adjacent its proximal end;
- h. a right V-frame member having an upper section and a lower section attached to each other at their respective proximal ends, the upper section terminating at a distal end in a hollow cylinder having a pair of oppositely disposed bushings at either end, the hollow cylinder and its bushings inserted between a right end of the parallel walls of the bracket on the seat frame and rotatably attached thereto,

the lower section also terminating at a distal end in a hollow cylinder having a pair of oppositely disposed bushings at either end, the hollow cylinder and its bushings rotatably connected to the right elongated bar of the right arm at the opening adjacent its proximal end; and

- i. a vertical post affixed at its distal end to the lower surface of said seat frame, the vertical post terminating in a hollow cylinder at its proximal end, the hollow cylinder having bushings at either end, the hollow cylinder and its bushings inserted between the elongated plates of the connector plate at their proximal ends and rotatably attached thereto.

2. An exercise apparatus comprising:

- a. a base including a flat elongated bar, a left crossbar transversely attached to one end of the flat elongated bar and a right crossbar transversely attached to the opposite end of the flat elongated bar, the left and right crossbars being parallel, a center crossbar attached transversely to one vertical side of the flat elongated bar and at its lengthwise center location, a first base retaining means attached to the center crossbar, a left base retaining means affixed to said left crossbar and extending upwardly therefrom and a right base retaining means affixed to said right crossbar and extending upwardly therefrom;
- b. a base connector including a flat elongated bar having a first connecting means affixed to a proximal end of the flat elongated bar and a second connecting means affixed to a distal end of the flat elongated bar, the first connecting means rotatably affixed to the first base retaining means;
- c. a connector plate having a left elongated plate and a right elongated plate, the plates being spaced apart and parallel to each other and having retaining means adjacent a proximal end of each plate and retaining means adjacent a distal end of each plate, the distal end of the left elongated plate and right elongated plate rotatably connected through said retaining means to said second connecting

means of said base connector;

- 20 d. a left arm including an elongated bar having a left connecting means adjacent a proximal end and a transverse plate affixed at its opposite distal end with a left grip attached to the transverse plate and extending above and parallel to the elongated bar and extending toward the proximal end of the elongated bar, at least one stop member extending transversely to the elongated bar adjacent its distal end, a left connecting means affixed to a lower surface of the elongated bar, the left connecting means rotatably affixed to the left base retaining means;
- 25 e. a right arm including an elongated bar having a right connecting means adjacent a proximal end and a transverse plate affixed at its opposite distal end with a right grip attached to the transverse plate and extending above and parallel to the elongated bar and extending toward the proximal end of the elongated bar, at least one stop member extending transversely to the elongated bar adjacent its distal end, a right connecting means affixed to a lower surface of the elongated bar, the right connecting means rotatably affixed to the right base retaining means;
- 30 f. a seat cushion supported above a seat liner, which cushion and liner are supported on a seat frame having a lower surface to which is affixed a bracket having a pair of spaced apart parallel walls with each wall having a connecting means adjacent each end;
- 35 g. a left support member having an upper section and a lower section attached to each other at their respective proximal ends, the upper section terminating at a distal end in an upper connecting means, the upper connecting means inserted between a left end of the parallel walls of the bracket on the seat frame and rotatably attached thereto through the bracket connecting means, the lower section also terminating at a distal end in a lower connecting means, the lower connecting means rotatably connected to the left elongated bar of the left arm through its left connecting means;
- 40 45 h. a right support member having an upper section and a lower section attached to

each other at their respective proximal ends, the upper section terminating at a distal end in an upper connecting means, the upper connecting means inserted between a right end of the parallel walls of the bracket on the seat frame and rotatably attached thereto through the bracket connecting means, the lower section also terminating at a distal end in a lower connecting means, the lower connecting means rotatably connected to the right elongated bar of the right arm through its right connecting means; and

- i. a vertical post affixed at its distal end to the lower surface of said seat frame, the vertical post terminating in a post connecting means, the post connecting means rotatably connected to the elongated plates of the connector plate at their proximal ends.

3. An exercise apparatus comprising:

- a. a base including a center member, a left crossbar transversely attached to one end of the center member and a right crossbar transversely attached to the opposite end of the center member, a center crossbar attached transversely to one vertical side of the center member at its lengthwise center location, a first base retaining means attached to the center crossbar, a left base retaining means affixed to said left crossbar and extending upwardly therefrom and a right base retaining means affixed to said right crossbar and extending upwardly therefrom;
- b. a base connector including an elongated member having a first connecting means affixed to a proximal end of the elongated member and a second connecting means affixed to a distal end of the elongated member, the first connecting means rotatably affixed to the first base retaining means;
- c. a connector plate having a first retaining means adjacent its proximal end and second retaining means adjacent its distal end, the distal end of the connector plate rotatably connected through said retaining means to said second connecting means of said base connector;

- 20 d. a left arm including an elongated member having a left connecting means adjacent a proximal end and a grip attachment means affixed at its opposite distal end with a left grip attached to the grip attachment means and extending above and parallel to the elongated member and extending toward the proximal end of the elongated member, a left connecting means affixed to a lower surface of the elongated member, the left connecting means rotatably affixed to the left base retaining means;
- 25 e. a right arm including an elongated member having a right connecting means adjacent a proximal end and a grip attachment means affixed at its opposite distal end with a right grip attached to the grip attachment means and extending above and parallel to the elongated member and extending toward the proximal end of the elongated member, a right connecting means affixed to a lower surface of the elongated member, the right connecting means rotatably affixed to the right base retaining means;
- 30 f. a seat cushion supported on a seat frame having a lower surface to which is affixed an elongated connecting means having a left end and a right end;
- 35 g. a left support member having a top end and a bottom end, the top end terminating in an upper connecting means which is rotatably connected adjacent to the left end of the seat frame connecting means, the bottom end terminating in lower connecting means which is rotatably connected to left elongated member at its left connecting means;
- 40 h. a right support member having a top end and a bottom end, the top end terminating in an upper connecting means which is rotatably connected adjacent to the right end of the seat frame connecting means, the bottom terminating in a lower connecting means which is rotatably connected to the right elongated member at its right connecting means; and
- i. a vertical member affixed at its distal end to the lower surface of said seat frame, the vertical member terminating in a connecting means, the connecting means

rotatably connected to the connector plate at its proximal ends.

4. An exercise apparatus comprising:

- a. a base having support means including a centrally disposed first base retaining means, an upwardly extending left base retaining means and an upwardly extending right base retaining means;
- b. a base connector having first connecting means at one end and second connecting means at its opposite end, the first connecting means rotatably affixed to the first base retaining means;
- c. a connector plate having first retaining means adjacent one end and second retaining means adjacent its opposite end, the second retaining means rotatably connected to the second connecting means of said base connector;
- d. a left arm having a grip means affixed adjacent its distal end and a left connector means by which the left arm is rotatably attached to the upwardly extending left base retaining means;
- e. a right arm having a grip means affixed adjacent its distal end and a right connector means by which the right arm is rotatably attached to the upwardly extending right base retaining means;
- f. a seat cushion supported on a seat frame having a lower surface to which is affixed an elongated connecting means having a left end and a right end;
- g. a left support member having a top end and a bottom end, the top end terminating in an upper connecting means which is rotatably connected adjacent to the left end of the seat frame connecting means, the bottom end terminating in a lower connecting means which is rotatably connected to the left elongated arm at a left connecting means adjacent its proximal end;
- h. a right support member having a top end and a bottom end, the top end terminating in an upper connecting means which is rotatably connected adjacent to the right end of the seat frame connecting means, the bottom end terminating in

a lower connecting means which is rotatably connected to the right arm at a right connecting means adjacent its proximal end; and

- i. a vertical member affixed at its distal end to the lower surface of said seat frame, the vertical member terminating in a connecting means at its proximal end, the connecting means rotatably connected to the connector plate at its first retaining means.

5. An exercise apparatus comprising:

- a. a base having a center retaining means, a left retaining means, and a right retaining means;
- b. a left arm having a grip member and retaining means by which the left arm is rotatably retained by the left retaining means of the base;
- c. a right arm having a grip member and retaining means by which the right arm is rotatably retained by the right retaining means of said base;
- d. a seat member rotatably connected to said left arm and said right arm and also rotatably connected to a center connecting means which is also rotatably connected to said center retaining means of said base; and
- e. the left arm and the right arm are rotatably connected to said seat member which permits the left arm and the right arm to rotate up and down to simulate a pumping action;
- f. whereby the seat member rotates inversely to the arms so that as the arms rotate downwardly, the seat member is caused to rotate upwardly and as the arms are caused to rotate upwardly, the seat member is caused to rotate downwardly.